

OVENS MEDICAL GROUP

SUMMER NEWSLETTER 2014/2015

PUBLIC HOLIDAYS – CLOSURE OF CLINIC

The clinic will be closed on the following days only

Christmas Day	25 th December
Boxing Day	26 th December
New Years Day	1 st January
Australia Day	26 th January

We will provide an emergency afterhours service only on the above days by ringing the surgery on 57212176

NEW REGISTRAR

We will be welcoming a new registrar in February to our clinic. Dr Emily Clarke will commence with us on 1st February to complete her training through the Bogong Rural Training Program.

STAYING HEALTHY IN THE HEAT

The best way to stay healthy in the heat is to plan ahead for hot days and know what to do when the heat hits. Fill out a staying healthy in the heat – my cheat sheet – see attached copy.

*Slip Slop Slap – seek Shade

Food safety in the summer

Summer is here and that means fresh seasonal produce, outdoor cooking and eating and entertaining for special occasions.

Unfortunately the warmer weather and the outdoor celebrations mean that food poisoning is more common. Food poisoning is serious it can be life threatening for unborn babies, young children, older people and those with other illnesses.

10 Tips for summer food safety

Summer eating can be enjoyable with fresh seasonal produce, outdoor eating and entertaining for special occasions or family gatherings. Unfortunately, food poisoning is more common in summer than at any other time of year.

Bacteria in food multiply faster in hot, humid weather. Most home kitchens aren't designed for the safe handling of large quantities of food. Preparing and eating food outdoors – in the garden, when camping or at picnics and barbecues – can also be difficult, where refrigeration and places to wash hands are not readily available.

Food poisoning can cause vomiting and diarrhoea and may be quite serious for children, older people and people with conditions that weaken their immune systems. Prevent food poisoning from spoiling your summer fun. Follow these simple steps to keep food fresh and safe this summer.

1. **Set your thermostat.** Make sure the fridge temperature is below 5 °C and keep your freezer at minus 15 °C to minus 18 °C. Stock your cooler well with ice packs or clean ice. Keep salads fresh and meat safe in the cooler or fridge at 5 °C or less until cooking or serving.
2. **Get food home quickly.** Take chilled, frozen or hot food straight home in insulated containers.
3. **Keep hot food hot.** If you don't want to cool food straight away, keep hot food at 60 °C or hotter. Reheat foods thoroughly so they're steaming (above 75 °C) or boiling.
4. **Don't leave hot foods to completely cool before refrigerating.** Put hot food in the fridge or freezer as soon as the steam stops rising. Cool it rapidly first by dipping the container in ice or a cold-water bath. Divide food into smaller, shallower containers so it cools more quickly in the fridge.
5. **Keep raw meat, chicken and seafood chilled and away from cooked food.** When bacteria from raw meat gets onto cooked food, this can cause food poisoning. Keep raw meat below other foods in the fridge and don't let raw meat juices drip onto other food. Use different chopping boards for raw and cooked food, or wash them between uses. Wash your hands thoroughly after touching raw meat.

6. **Thaw frozen food thoroughly.** Unless food is manufactured to be cooked from frozen (check pack instructions), make sure it's thawed right through before cooking.
7. **Don't overfill your fridge.** Having enough room for air circulation inside the fridge is important for effective cooling. A good tip if you're catering for a crowd is to keep drinks on ice or in an insulated cooler and reserve the space in your fridge for food.
8. **Store leftovers safely.** Store any leftovers in the fridge and eat within three to five days. If you don't plan to eat them within this time, freeze them straight away.
9. **Know when to throw away.** Don't eat food that's been left out of the fridge for more than four hours – especially poultry, meat, seafood, cooked rice and cooked pasta.
10. **Avoid handling food when you're not feeling well.** If you have diarrhoea, vomiting, sore throat with fever, fever or jaundice, or infectious skin conditions, avoid handling food and see a doctor if symptoms persist.

Want to know more about safe food handling?

[Dofoodsafely](#) is a free online food handler learning program designed to improve basic knowledge of food safety. It is informative and fun and includes six topics on food safety and a final quiz. It takes around an hour to complete, but can be completed in separate units at the participant's own pace.

CHANGES TO VACCINATIONS FOR SECONDARY SCHOOL CHILDREN IN 2015

Boostrix (tetanus, diphtheria, whooping cough) vaccine will transition from Year 10 to Year 7. To achieve the transition in 2015 the Boostrix vaccine will be offered to all secondary students in Years 7, 8, 9 and 10.

The change will boost protection earlier against diphtheria, tetanus and whooping cough and hopefully improve uptake of the vaccine by

administering it to Year 7's where participation rate is greater.

WATER SAFETY

47 people drowned in Victoria waterways in the year up to July, 2014, an increase of six on the previous year and the highest number of deaths in a decade. Drowning's can happen in any water environment. They take place in oceans and rivers, but also at home in swimming pools and even bath tubs. Babies and toddlers can drown in as little as a few centimetres of water. WaterFirst is a FREE community program designed to educate you on how First Aid can save lives around the water.

This online program teaches you how to save a life in just five minutes – the five minutes that could matter most in an emergency scenario.

The WaterFirst program is the first step to becoming educated or skilled in First Aid.

www.watersafe.com.au

BETTER HEALTH

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits.

Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

Benefits of regular physical activity

If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower the risk of osteoporosis
- lower your risk of falls
- recover better from period of hospitalisation or bed rest
- Feel better – with more energy, a better mood, feel more relaxed and sleep better.

A healthier state of mind

A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression. Exercise may block negative thoughts or distract people from daily worries.

Exercising with others provides an opportunity for increased social contact. Increased fitness may lift your mood and improve sleep patterns.

Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

Aim for at least 30 minutes a day

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days.

Physical Activity Guidelines

The Australian Government's Physical Activity Guidelines state that:

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least two days each week.

Ways to increase activity

Increases in daily activity can come from small changes made throughout your day, such as walking or cycling instead of using the car, getting off a tram, train or bus a stop earlier and walking the rest of the way, or walking the children to school.

10 TIPS TO CUT DOWN ON ALCOHOL

Many people in Australia enjoy a social drink from time to time. Yet drinking too much alcohol or drinking too often increases your risk of developing an alcohol-related injury or disease. You may be thinking it is time to take control of your drinking.

Here are some tips to help you cut down on alcohol

1. Keep track of your drinking habits. Instead of relying on memory, jot down your drinks in a diary to see exactly how much and how often you drink.
2. Change your drinking habits. Control the amount of alcohol you drink by setting some goals, such as not drinking alone or when stressed. Schedule at least two alcohol-free days each week.
3. Don't drink on an empty stomach. A full stomach slows the absorption of alcohol.
4. Quench your thirst with water or soft drinks. Otherwise, you risk gulping down alcoholic drinks.
5. Sip your drink slowly. Put down the glass after each mouthful.
6. Take a break. Make every second drink a non-alcoholic drink
7. Buy low-alcoholic alternatives. Options include light beer and reduced alcohol wine.
8. Opt out of "shouts". Drink at your own pace, If you cannot avoid buying a shout, get yourself a non-alcoholic drink.
9. Avoid salty snacks, such as potato chips or peanuts. Salt makes you thirsty and more inclined to drink fast.
10. Do something other than drink. Hit the dance floor or play a game of pool. You are less likely to drink out of boredom if you are busy having fun.

TIPS FOR QUITTING SMOKING

- Decide on a quit date and stick to it
- Ring Quitline on 13 7848. For the cost of a local call, professional telephone advisors provide advice, encouragement and support to help people who smoke to quit

- Quitline also provides a call-back service, information on Quit courses, a free Quit pack and information on video, DVD, CD or via the internet
- Tell your family and friends of your intention to stop smoking and ask for their support
- Think about prior attempts to quit and what went wrong. Plan how to avoid the same pitfalls this time
- Decide on your strategy. For example, do you intend to go cold turkey, use nicotine replacement therapy or attend group courses?
- Write a list of all the reasons why you want to stop smoking and refer to this list whenever you feel tempted to light up a cigarette.
- Throw away all cigarettes, lighters and ashtrays in your home and car. If your partner smokes, suggest that they stop too, or only smoke outside the house and away from you.
- Plan for situations that you know make you want to smoke
- Avoid possible weight gain by eating more fruit, vegetables and wholemeal cereals and less fat and alcohol. Do some exercise you enjoy, such as walking or swimming.
- Your body will absorb more caffeine than usual in the few weeks after quitting. Cut down on coffee and tea for the first month or so to prevent caffeine induced anxiety and restlessness.
- Treat yourself with the money you have saved. Your efforts deserve to be rewarded.
- If you do have a cigarette it is not the end of your quit attempt. A slip-up is a setback, not a defeat. It is safe to keep using quitting medications, including nicotine replacement products and to keep trying to quit.

Dealing with cravings when quitting smoking

Cravings only last a few minutes. Get through them by using the 4Ds.

- **DELAY** acting on the urge to reach for a cigarette
- Take **DEEP** breaths
- **DRINK** water
- **DO** something else to occupy your mind while your craving passes.

Where to get help.

- Your doctor
- Your pharmacist
- Quitline Tel. 137848

-www.quit.org.au – app – myquitbuddy (free) on iphone, ipad or android phone

Getting Fit – www.heartfoundation.org.au

And improving your diet – join mum's united on facebook

Decreasing Alcohol – www.alcohol.gov.au